

# GRAPENE

## VISITACION VALLEY

NUMBER 159

SERVING OUR COMMUNITY

OCTOBER 1999

### New Principal Leading Valley Middle School

by Steve Glumaz

At the helm of Visitacion Valley Middle School (VVMS) is new principal James S. Dierke, a member of the San Francisco Unified School District for 25 years.

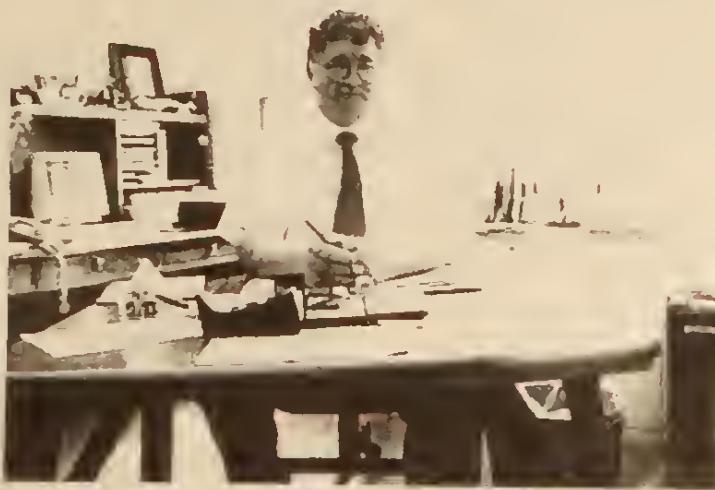
With certain VVMS academic scores up for the fourth year in a row, Dierke vowed to continue the trend and build upon achievements that previous VVMS principal John R. Flores spearheaded.

"Our schools and our kids are on page one, and not on page two like everybody else's" said Dierke in reference to their academic well-being. "There is a vast range in public school selection after VVMS and kids are going to make choices. I'm going to make them aware of those choices for career paths."

Dierke, a fourth generation San Franciscan whose career as a teacher, counselor, department head, dean, assistant principal and now principal has tackled some of the toughest of public school concerns, especially those in which violence has played a part.

Spawned out of *teach-ins*, students coming together in every class for a specific period of time to brainstorm ways to combat school-related problems, Dierke created an anonymous *hotline* program while assistant principal at Washington High. This allowed callers to disclose criminal activity without fear of being identified.

During the first month of the program alone, crime was cut by approximately 50 percent. Dierke implemented the program while at McAteer High and is currently preparing to start a similar one at VVMS. Community members, faculty and average citizens also use the *hotline*



James S. Dierke is the new principal at Visitacion Valley Middle School.

to thwart crime. Leaflets are disseminated into the community after the students have been apprised.

"This school is a small city of 530 students and the program is not expensive to put in place," said Dierke. Other goals for the new VVMS principal include obtaining additional computers for every classroom--nationwide average is five per class while VVMS observes three-teacher and counseling support.

According to Dierke, "Counseling is 542-to-1 at middle schools. VVMS Coordinated Care Team is becoming a model for inner city schools."

The care team meets once a week to discuss student needs through case management formats.

Dierke is putting the finishing touches on a *Critical Incident Response* program. With recent school shootings nationwide, most notably Columbine High School in Colorado,

the program's main purpose is to cease trouble prior to it becoming a critical incident. A key ingredient of the program discloses to law enforcement, staff and students key areas of interest within the school to avoid and/or travel to in the advent of a Columbine eruption.

VVMS is currently enjoying paramount support through 15 different grants which assist the school in operating programs while other city middle schools possess a single grant. Dierke expects to continue tapping sources to aid the school in meeting its overall challenge to prepare students for the future.

"We're in the education business. We are not making toasters," said Dierke. "What is in place here at VVMS is cutting edge technology, taking over a well-run school and community means to continue its improvements. Please support our school."

### Reports Document Discrimination Against Minorities by Mortgage Lending Institutions

**WASHINGTON** - Minorities trying to buy homes continue to face discrimination from mortgage lending institutions, according to a new report prepared by the Urban Institute for the U.S. Department of Housing and Urban Development.

The Urban Institute report issued Sept. 15 says that "not all Americans enjoy equal access to the benefits of homeownership, in part because of unequal access to capital." It also says that "minorities are less likely than whites to obtain mortgage financing and, if successful in obtaining a mortgage, tend to receive less generous loan amounts and terms."

HUD Secretary Andrew Cuomo released the Urban Institute report at a news conference with members of

Congress and leaders of the Association of Community Organizations for Reform Now (ACORN). ACORN released its own study at the same time demonstrating continuing racial disparities in the national home purchase, mortgage and refinancing markets. Congress Members James Clyburn of South Carolina, Eleanor Holmes Norton of the District of Columbia, and Loretta Sanchez and Xavier Becerra of California also attended.

"These reports confirm the sad truth that discrimination remains a scar on the nation's soul that has yet to heal," Cuomo said. "The reports also show that HUD needs added funds that President Clinton has requested to intensify our fight against all forms of housing discrimination so we can make the American Dream of homeownership a reality for more families."

The Urban Institute study--titled *What We Know About Mortgage Lending Discrimination in America*--has three major findings:

\*Discrimination can begin at the early stages of the mortgage lending process, including pre-application inquiries by would-be borrowers. The Urban Institute findings were based in part on "paired testing" that was carried out by people of different racial and ethnic backgrounds in a sample of cities. Each group of testers--including one white and one or more minorities--told lenders they had similar credit histories, incomes and financial histories, and had the same type of mortgage needs. The testing found that overall, minorities were less likely to receive information about loan products, received less time and information from loan officers, and were quoted higher interest rates in most of the cities where tests were conducted.

This hotline is staffed by Frank Mok, formerly Youth Services Coordinator at the Beacon, who has knowledge of both the Beacon and Visitacion Valley community. The Beacon also staffs capacity for Spanish and Samoan speaking individuals requesting services in their primary languages.

\*At later stages of the process, racial disparities in loan denial rates can-

not be "explained away" by differences in creditworthiness or by technical factors affecting the analyses of denial rates.

\*Good intentions on the part of lenders are not enough. Action must be taken to ensure minorities do not face lending discrimination.

The ACORN report found that black and Latino applicants for conventional home mortgages are rejected much more frequently than white applicants, and that those ratios have steadily been increasing. The ACORN report said that in 1998 African Americans were denied mortgages 217 percent as often as whites, up from 206 percent in 1995 and 209 percent in 1997. Latino applicants were rejected 183 percent as often as whites for conventional mortgages in 1998, up from 169 percent in 1995 and 181 percent in 1997.

HUD's work to combat lending discrimination is led by the Department's Office of Fair Housing and Equal Opportunity. The Office enforces the Fair Housing Act, which bars housing discrimination on account of race, color, religion, sex, disability, family status and national origin. The Act covers the sale, rental, financing and advertising of almost all housing.

The federal budget President Clinton submitted to Congress sought an increase in funding for the Office of Fair Housing and Equal Opportunity to \$47 million in Fiscal Year 2000--up from \$40 million this year. However, the House has voted to cut funding for the office to \$37 million in 2000--\$10 million less than President Clinton requested. The HUD budget is now before the Senate.

"Now is the time for this country to do more--not less--to end all forms of housing discrimination," Cuomo said. "Mortgage lending discrimination is intolerable because it contributes to the

### More Funding Requested for Housing in Visitacion Valley

A request was recently submitted by the City and County of San Francisco to HUD for the release of \$700,000 in Economic Development Initiative (EDI) funds for EDI-Special Projects for five construction projects in Visitacion Valley. Funds would be used as follows:

\***Heritage Homes, 222 Schwerin St. - a child care center for 45 children:** The center was included in the overall development program for Heritage Homes. The City issued a *Finding of No Significant Impact* and published an Environmental Assessment pursuant to the National Environmental Policy Act (NEPA) and HUD environmental regulations on Sept. 1, 1998. EDI-Special Projects funds for \$19,000 will be used for architecture and engineering fees and for interior furnishings on the child care center.

The City has written a Continuation Statement, dated Sept. 15, 1999 pursuant to 24 CFR 58.47 to continue the HUD environmental review. EDI-Special Projects funds for \$19,000 will be used for architectural and engineering fees and interior furnishings for the child care center.

\***The Village, 222 Schwerin St. - a 13,500 square foot community center for community agencies and services:** The center was also included in the overall development program for Heritage Homes. The City issued a *Finding of No Significant Impact* and published an Environmental Assessment pursuant to NEPA and HUD environmental regulations on Sept. 1, 1998. EDI-Special Projects funds for \$400,000 will be used for interior improvements and soft costs to construct the community center.

\***Britton Street Family Housing, 150 Britton St. - a child care center for 28 children:** The center was included in the overall development program for Britton Street Family Housing. The City issued a *Finding of No Significant Impact* and published an Environmental Assessment pursuant to NEPA and HUD environmental regulations on May 29, 1998. EDI-Special Projects funds for \$12,000 will be used for architectural and engineering fees and interior furnishings for the child care center.

### Young Voices of God Represent A Church Coming Full Circle

When the Young Voices of God performed at Ridge View United Methodist Church's annual homecoming worship on Sept. 12, they filled the sanctuary with music that set the foot to tapping and delighted the eyes with a sight the congregation hasn't seen in quite some time: young people. The grandchildren of the aging membership have come back to church, and hip hop has brought them there.

The words are old standbys--"Go Down, Moses," "Onward Christian Soldiers," "His Eye is on the Sparrow"--but the sound is far from "old." The Young Voices of God present church music in a way few have ever heard it before. The hip hop choir, comprised of youth ages 8 to 17, not only has changed the face of worship in the Visitacion Valley congregation, but it has also given the church a new outreach focus.

The group is the brainchild of the Rev. Stephen Lee, former Pastor of Ridge View, who teamed up last October with Pope Flyne, a Bay Area drummer who hails originally from the African country of Ghana. Flyne set traditional spirituals and gospel hymns to original tunes and rhythms, while Lee secured grants from United Methodist sources and the San Francisco Foundation to help fund the project. It was then the responsibility of Ridge View's elderly members to bring in the kids.

The group is open to receiving new members, and rehearses at Ridge View church two evenings a week for two hours. The youth sing for the 11 a.m. Sunday worship service about once a month.

Ridge View is located at 590 Leland Ave. For more information, contact Pastor Laurie McHugh at (415) 239-5457.

### Groundbreaking for King Housing



Plenty of personalities were present Sept. 16 for the official groundbreaking John King Senior Community, a new housing development to be built on the 500 block of Raymond Avenue.

**GRAPEVINE MAILBOX****New Captain Now  
At Ingleside Station**

Dear Ingleside Resident or Merchant

On August 11, 1999, I assumed command of the Ingleside Police District. A lot in my 18-year career and nearly two year stint as the Night Supervisor prepared me for that morning. But nothing prepared me for the awesome response from the community. Within hours, countless community leaders called me to assess my commitment to the community.

As a new Captain I am still in the phase where I get to say "Gee, I don't know" a lot, but one thing I do know is that I inherited a district in which my predecessor Captain Rick Bruce established outstanding outreach and involvement with the community. Rick and I have worked together for many years and I share his vision and commitment to the officers and the community of Ingleside.

In the months and years ahead I look forward to meeting many of you personally. Just as importantly, I look forward to you meeting the exceptional men and women in blue who literally work night and day as guardians of your neighborhoods. I am proud to be a member of this high performance police team and to be a part of your vivid and diverse community.

Sincerely,  
Captain Marsha Ashe  
Ingleside Police Station

**Concern for Supplemental  
EIR in Executive Park  
Development Plan**

*Following are comments made Sept. 2 by George P. Yerby regarding a hearing before the Planning Commission on certification of the supplemental EIR for the Executive Park Development Plan.*

My name is George Yerby. I was the original developer of the San Francisco Executive Park, and I am the owner of the building at 5 Thomas Mellon Circle, my building is one of three office buildings located in the Executive Park.

I came up with the original concept for the Executive Park, which was to provide for sensible, sustainable commercial development of the Candlestick Point area. Our focus was on insuring that the neighborhoods in the area, like Little Hollywood, remained viable with a minimum of impact from the new development, while at the same time providing employment for the area, thereby improving the economy in this section of the City. Tom Mellon, who was for 12 years the Chief Administrative Officer of the City and County of San Francisco, was also my mentor on this project. Tom believed in this concept and helped facilitate the development of Executive Park. In 1975, I founded the San Francisco Executive Park Planning Committee consisting of residents of the Bayview-Hunters Point, Little Hollywood and Visitacion Valley neighborhoods; that committee continues to exist to this day under the chairmanship of Shirley Jones.

The SEIR cannot be certified in its present form for the following reasons, among others:

1. The SEIR, and the transportation study prepared by Wilbur Smith and Associates in June of this year failed to address the basic premise the governs the Executive Park site. This site is, for all interests and purposes, a suburban office park located within the City of San Francisco. Although the proposed development, as revised, in-

cludes 4,308 additional parking spaces as part of the proposed project, the impact of added parking and its resultant impact on auto trips generated at the site is not adequately addressed in the SEIR. The use of the same transportation guidelines designed for downtown development projects does not properly consider the expected trips that will be produced as a result of the proposed project.

2. The proposed project "deletes" transportation improvements previously considered essential to serve the site. Since the number of trips anticipated to be generated by the current proposed development has gone up considerably as compared to previous approvals, we do not see any conditions which justify the "deletion" of previously required conditions of approval. To the contrary, I believe that additional mitigations are required to solve the traffic problems identified on the current SEIR.

3. The current proposal would also negate the 1985 condition that commercial parking be limited to 3,235 spaces, in order to mitigate traffic impacts. The limitation was put in place to require the developer to either create a more transit-friendly project or reduce the amount of office space proposed. Now, the developer wants to do neither. The SEIR does not adequately address this very significant change.

4. The 1985 EIR stated that there would be gridlock on 101 and all but two of the area intersections by the year 2015. The SEIR repeats this statement, but does not address the issue of how much more quickly gridlock will occur on 101 in light of the expansion and scope of the project as currently proposed versus what was approved in 1985, and in light of other existing and proposed developments in the 101 corridor area. It is of critical importance to develop in the 101 corridor area that we address very carefully when gridlock can be expected to occur on 101. Even more importantly, in dealing with the issue of gridlock on 101 and the mitigation of that gridlock, we really have to address the issue of the reconfiguration of the entire Candlestick/101 interchange, which has never functioned well. The rebuilding of this interchange, with the attendant reconfiguration of Geneva Avenue as called for under the South Bayshore Plan, is an integral part of dealing with traffic issues in the 101 corridor, extension of light rail to this site, and the impact of the proposed development on those traffic issues. We propose that the SEIR be required to address the issue of exactly how the Candlestick interchange should be reconfigured and rebuilt to address the gridlock issues imminently facing us on 101, and should address how this project needs to participate in the funding of a new interchange. The SEIR should not be certified until the issues of the rebuilding on the Candlestick interchange and the Geneva Avenue extension are resolved.

5. The adoption of the Downtown Plan calls for the concentration of office space in the downtown urban core that is well served by public transit. This general plan calls for the biotech industry to be located at Mission Bay. You need to consider the fact that there are limitations on the amount of square footage that can be approved in any one year, and the fact that there are limitations to the capacities of our roadways and the amount of dollars to improve our public transit.

6. Moreover, under the policies for Executive Park, 70 percent of the employees are to commute by transit, ride sharing or other alternative modes to single occupant vehicles. The SEIR contemplates instead that the vast majority of employees will be commuting by single occupancy vehicles.

As you consider the project, we look forward to working with the Planning Staff and the Planning Commission to resolve some of the issues identified. Under separate cover we will transmit our formal comments.

**Too Much Crime  
In Grapevine?**

Dear Editor:

The September 1999 issue is 8 pages long. Of these 8 pages, almost 2.5 pages are devoted to the Ingleside Station Police Report. In addition, approximately one-half of page three is

devoted to reports from the DA's office. The DA's reports concern rape, burglary and drug trafficking.

My suggestion is drop the crime reporting and report on news from the neighborhood. I can't help feeling that crime is considered by the Grapevine to be an overriding obsession with the folks in Vis Valley. I so hope this is not the case.

I would rather see more ads for businesses and services in the Valley than stories about crime. I would like to see stories about the Community Center or the Village or the Beacon or John King Senior Center, than stories about crime.

Vis Valley is a neighborhood with a lot of children and seniors, probably more than in most other neighborhoods in S.F. Seniors and families with children would be benefitted by information regarding children's services and senior services in the Valley.

Another suggestion, drop the crime reports and use the extra space to enlarge the print. Again, a neighborhood with a high number of children and senior's needs a newspaper with larger print.

I understand that crime is a reality in our neighborhood (although I suspect that the incidence is exaggerated) but such heavy reliance on the crime log in your newspaper is depressing and I believe, undermines a very valuable resource of this neighborhood, an established and credible voice for the community, the Grapevine.

Thank you for your time and attention.  
Molly Hessler

*Editor Len Appiano responds: Many readers of the Grapevine have already expressed positive interest in the newspaper's police reports. There is no exaggeration. Each incident is assigned a legitimate case number by the San Francisco Police Department. And no crime story has ever supplanted any submitted story relating to news in Visitacion Valley. At 9.8 New Times Roman, the basic font used in the Grapevine is comparable to most daily newspapers. And the Grapevine would surely like to have more advertising*

from Valley merchants. Free listings are provided each month for every business and organization in the neighborhood and are updated monthly on the Grapevine website. But a good number of advertisers did not pay invoices for their advertising, some for multiple insertions. One organization (and you folks definitely know who you are...shame on you!) even had the gall to approach the Grapevine through a different agency and request a discount after failing to pay a six-month invoice.

**Mayoral Candidate  
Merits Another Look**

Dear Editor:

I would like to suggest there is an excellent mayoral candidate who has not been given much exposure in the media and has indeed not been taken very seriously, dubbed with the dismissive label, perennial candidate." I suggest that Cesar Ascarrunz merits another look.

I first met Cesar Ascarrunz when he ran a lively latin dance club some years ago in North Beach, later in the Mission. Since that time, the entrepreneur and businessman has run several times for office, honed his political skills and knowledge of the City, and matured considerably in the intervening years. In speaking with him, I am impressed by his knowledge, integrity, energy, and desire to "give back" to the City in which he earned his fortune. Now retired from the music and club business and devoting his unusual ability to public service, he is trying to get his message out to a broader audience without an insider's track to the press and media.

Cesar has the qualifications to make a novel and positive contribution to San Francisco as mayor, and I suggest that his message, his considerable skills and energy as well as his progressive political stance be brought to the attention of a wider audience.

More can be learned about Cesar, his platform and policy positions, from the Internet at [www.cesar4mayor.com](http://www.cesar4mayor.com)

Peter Jacobson

Stanford University

**Library Performances  
Will Commemorate  
Statewide Celebration**

S.F. Public Library is cosponsoring with the California Council for the Humanities a series of programs, readings and lectures, *Rediscovering California at 150*, to commemorate the statewide Sesquicentennial celebration of California. There are two parts to the celebration being presented at the Library. The first segment is the *History Alive! Chautauqua* performances with vivid in-person portrayals of fascinating and important figures of California Gold Rush-era history.

Scholar/actors with in-depth knowledge of the fascinating figures they portray will bring the characters to life. Each performance is designed to engage audiences in the adventure of California's history. Modeled after the rousing tent assemblies that traveled throughout the 19th century America, these performances will be provocative and informative for library patrons. The California Council for the Humanities plans to present at least one *History Alive!* performance in each of California's 80 assembly districts over the next two years.

There will be four performances of the *History Alive! Chautauqua* which will feature historical re-enactments of the historical figures Yee Fung Cheung, William Leidesdorff and Sarah Royce. \*Wednesday, Oct. 27, 1:30 p.m., Chinatown Branch; 6 p.m. Main Library's Koret Auditorium.

\*Thursday, Oct. 28, 10:30 a.m., Bayview/Anna E. Waden Branch.

\*Wednesday, Nov. 10, 6 p.m., Main Library's Koret Auditorium.

All programs at the Library are free.

The other facet of this program will be *Gold Rush Readings and Discussion Groups* with two scholar-led groups focusing on exciting accounts of life during the California Gold Rush era. Each group will meet three times and explore selected passages from the anthology *Gold Rush: A Literary Exploration*.

For more information, call (415) 557-4282.

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*From the  
DA's Office*

## Drug Sweep Targets Western Addition Dealers

Using 60 enforcement officers from five different agencies, the S.F. District Attorney's Office and the Police Department staged a huge raid Sept. 15 to "blunt the insanity and violence" that has recently plagued the Western Addition.

Armed with 18 arrest warrants and six search warrants, the police officials stormed 14 residential locations to investigate and stop the rash of shootings that have left several people dead in what apparently had become a street war over illicit drugs.

In addition to the DA's office and S.F. Police, officers from the S.F. Sheriff's Department, the Drug Enforcement Administration and the S.F. Probation Department also took part in the raid. There were also officers present from Children's Services and Animal Control to ensure the safety and well-being of all who might possibly be affected by the operation.

"We have been working to put this operation together for the past four months as a way to blunt crime and violence in this neighborhood," said District Attorney Terence Hallinan. "We wanted this to effectively eradicate the problem while, at the same time, be sensitive to the community's needs and rights."

Several major and notoriously dan-

## Site Answers Nagging Pest Questions

(NAPS) Your computer may not only help you defeat the Millennium bug, but also real bugs and other pests that could invade your home.

The National Pest Control Association (NPCA), a trade association representing professional pest control companies in the U.S. and around the world, has launched a new web site to answer homeowner questions about pest control issues. The site is geared to help homeowners with their pest control problems.

"Termites do more than \$1.5 billion worth of damage to American homes each year. Cockroach allergens have been linked to asthma in children. Rodents carry the dreaded hantavirus that can spread to humans. Consumers have questions about these facts and we can now help answer them," said Greg Baumann, NPCA's director of technical and field services.

Consumer messages can be posted to NPCA technical staff members and pest control pros to obtain background information before a professional pest control operator arrives.

Upon entering the discussion forum section, consumers can choose from already-created topics such as Termites, Rats, Mice, and Pantry Pests, or they can create a topic of their own.

Once inside, homeowners can pose questions in an interactive chat format. Other homeowners, pest control operators and general consumers are allowed to jump into the conversation, while NPCA staff members educate and advise consumers who have questions on any pest from cockroaches to Indian meal moths.

"Many times, we find homeowners are shy about addressing pest control problems with professionals because they don't know enough about their problem, or they think someone will take advantage of them," said Rob Lederer, NPCA's executive vice president. The web site allows people to ask questions in relative anonymity before they make a call to their local pest control operator or fix the problem themselves."

NPCA has more than 4,000 member companies, is dedicated to promoting the interests and general welfare of the pest control industry and conducts scientific, technical and business research in the area of pest management.

To find out more, visit the web site at [www.pestworld.org](http://www.pestworld.org).

gerous street level drug dealers were targeted for the raid that, Hallinan said, was in part designed to disrupt the distribution chain for street drugs in the city.

But in addition to curbing the illicit drug trade by apprehending the dealers, the mid-morning raid was also crafted to hopefully uncover evidence to help prosecute those responsible for the rash of shootings that have terrorized local residents.

"This kind of drug business is not easy to stamp out," explained Hallinan. "It takes a lot of time, coordination of various agencies and careful, secretive planning. But today we're sending a message to would-be drug dealers that we are committed to doing whatever it takes to quash your operations. And my office will harshly prosecute anyone involved in this vicious drug trade that terrorizes the community and ultimately threatens all of our citizens."

## DA's Office to Beef Up Domestic Violence Unit

Saying the funds will intensify his enforcement of crimes against women, District Attorney Hallinan on Sept. 15 announced the receipt of a \$140,000 annual grant from the state Office of Criminal Justice Planning targeted for stalking-related cases.

"This grant will be a boon for our office," said Hallinan, who has already increased the office's Domestic Violence Unit from two attorneys to nine. "It will allow us to vigorously go after

stalkers in particular, augmenting our commitment to protect women from the kind of terror and torment that has plagued them for too long."

San Francisco was chosen as one of only three counties in the state to receive the model three-year grant that will be used to provide a full range of services for stalking victims, more than mere prosecution of the perpetrator.

There are roughly 50 stalking cases a year brought to trial in San Francisco. Hallinan said part of the money will be used to hire an attorney and an investigator, both of whom will be especially trained for and dedicated to prosecuting stalking cases.

But equally important, Hallinan said, is the fact that the grant will also be used to hire a victim services advocate who will set up safety plans and other means to aid the victim in avoiding the stalker while the office builds a case for prosecution.

"These situations can be scary and deadly. So, we will take a team approach to make sure that victims get the help they need," said Hallinan. "With this grant we are now able to go after stalkers with the kind of effort and determination needed to stop these people who, if left alone, often escalate their terror from dangerous to lethal."

## Program Assists Families in Paying For Childcare

The Children's Services Fund of San Francisco Vendor Voucher Program is a collaborative between Wu Yee Children's Services, Whitney Young Child Development Center and Children's Council of San Francisco.

Purpose of the program is to assist San Francisco low-to-moderate income families in paying for licensed childcare for children ages 0-13 years old.

The program is designed to serve single parent families who are working or have been offered employment, and two-parent families, of which either parent is working and/or offered employment, and the other parent is working, or enrolled in school or job training. Through the program, parents will be free to choose any licensed child care provider, as well as receive child care counseling and choosing child care information.

Registration is on-going and enrollment is based on availability of open slots.

For more information and application forms, please contact:  
\*Wu Yee Children's Services, 777 Stockton St., Suite 202, San Francisco, CA 94108, (415) 391-1355.

\*Children's Council of San Francisco, 575 Sutter St., 2nd Floor, San Francisco, CA 94102, (415) 243-0700.

\*Whitney Young Child Development Center, Inc., 100 Whitney Young Circle, San Francisco, CA 94124, (415) 821-7550.

## Five Years Ago In the Grapevine

### OCTOBER 1994

\*Local residents attending a meeting of S.F. Public Library's *Preservation Fund* at the Valley Branch on Sept. 1 said they wanted more books and materials with longer library hours, preferably on weekends.

\*A letter of support was requested of the Visitacion Valley Task Force for local ESL classes at a Sept. 19 meeting.

\*Silvia Swedan of Woodrow Wilson High School was awarded a medal for academic achievement.

\*Both HUD and the City recommended the demolition of Geneva Towers, with residents of the twin 20-story structures assisted in moving and finding new homes.

\*Construction began on a Vista Overlook project on the corner of Visitacion Avenue and Mansell Street.

\*Registration remained open for the Saint Francis Bay project commenced at Executive Park.

\*Members of the Korean Presbyterian Church held a special feast for those attending a meeting of the S.F. Planning Commission Advisory Committee.

\*Ingleside Station school patrol officers began working closely with a new Transit Unit which expanded to handle complaints of crime on Muni.

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## Visitacion Valley Community Center Senior Program

Funded by the S.F. Commission on the Aging

### Open 365 Days a Year Lunch Served Every Day

Senior Bingo  
Holiday Celebrations  
Holiday Crafts  
Senior Council  
Day Outings  
Overnight Excursions

Reno Trips  
Sewing  
Blood Pressure  
Ceramics  
Birthday Parties  
Potlucks

66 Raymond Avenue 467-4499  
Pat Crocker: Director

## History of The Village

The Village, nestled in the Valley of the Windmills, is a community within a larger Visitacion Valley community and offers comprehensive services to children, youth, adults, and families in the Valley. The Village is the result of the relocation of five agencies who were evicted from the Geneva Towers housing development due to pending demolition. The agencies are Geneva Towers Residents Council, Camp Fire City Kids, Department of Public Health/Visitacion Valley Neighborhood Health Team, EOC Head Start, and Geneva Towers (now Village) Recreation Program.

The above relocation was part of a Memorandum of Understanding between the City and County of San Francisco and the United States Department of Housing and Urban Development (HUD) to commit to develop and implement a comprehensive and coordinated plan for the revitalization of the Visitacion Valley neighborhood. In this historic agreement, both governmental parties agreed to change their way of doing business and coordinate efforts to address the complex and interwoven issues of housing, economic development, jobs, and social services.

The Village, as an integral part of the Visitacion Valley Neighborhood Collaborative (VVNC), adopts its mission to strengthen and empower the children, youth, and families of the Valley to fulfill their basic personal and social needs and to build the skills and competencies they need to lead productive, creative lives within their community. The Village also adopts VVNC's purpose to preserve the rich and diverse Valley neighborhood and to strengthen its economic and social infrastructures through its residents, community organizations and businesses.

The Village itself provides comprehensive services to all Visitacion Valley residents.

\*Geneva Towers Residents Council is the governing structure of and liaison to the Geneva Towers displaced residents.

## ST. JAMES PRESBYTERIAN CHURCH

240 Leland Ave., San Francisco, CA 94134  
The Rev. Dr. Jerry O. Resus, Minister

Church School Classes: 9:15 a.m.  
Sunday Worship Service: 10:30 a.m.  
Wednesday Bible Study: 11:00 a.m.  
Friday Bible Fellowship: 7:30 p.m.  
Saturday Choir Rehearsal: 10:00 a.m.

You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

Come to Church This Week

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Cantonese Spoken

## VISITACION VALLEY GRAPEVINE - OCTOBER 1994

\*Geneva Valley Development Corporation has acquired, designed, is supervising and will operate the Towers replacement housing in concert with its partner Mercy Charities Housing California which will develop and insure financial viability of the development process.

\*Visitacion Valley Jobs, Education and Training offers a structured and viable recruitment, training, placement and retention program for primarily Valley residents.

\*Camp Fire Kids (ages 5-12) is an after school enrichment program offering homework help, multicultural activities, and community involvement.

\*The Village Recreation Program (ages 2-17) provides homework help, computer training, team sports and counseling.

\*The Village Youth Council is the confident voice of and role model for The Village young people.

\*DPH/Visitacion Valley Neighborhood Health Team offers primary care, pediatric/adolescent medicine, well baby care, mental health counseling/intervention, screenings/tests/exams

\*EOC Head Start (preschool) is a comprehensive child development program, health, social and nutrition services, and parent involvement. Girls After School Academy (girls 14-20) embraces the African American focus and provides a nurturing environment through positive role models and inspiring educational activities.

\*Visitacion Valley Community Center (preschool) is a school readiness program which also provides parent support services and mental health consultants.

\*VVNC (5-17) is an after school child care enrichment program which serves and connects Valley youth organizations.

\*S.F. Urban Institute offers strategies and practical programs to address critical economic, social, and educational issues. For example, SFUI at The Village offers poetry, community logo identification, jobs and economic development.

**Ingleside Station  
Police Report**

"On Aug. 23 at 12:30 a.m. at MacArthur/Broadway in Oakland, Ingleside officers responded to a call of a rape which occurred in San Francisco. The victim was picked up in Oakland by a suspect driving a red two door Toyota Celica with a black interior. She was taken to San Francisco somewhere near the Cow Palace. She was able to see a street sign for Schwerin. The victim was driven back to Oakland after the suspect released her. The suspect went by the name of Raymond. He is a black male 5'10" 170 lbs., approximately 35-45 years old. He had a moustache and short close crop hair. He was wearing a light brown suit, beige shirt, and brown shoes. Case 991034544

"On Aug. 23 at 7:00 a.m. on the 100 block of Randall, Ingleside officers responded to a threatening obscene phone call. The victim was called by a suspect who told her he worked for the phone company. He also said he was at the side of her house. He said he had the phone lines cut and she could not call out. He told her to do exactly as he said or he and another suspect would enter the home and harm her and her children. The suspect said he could see her through the window. He knew the type of work she did. He also knew where certain items in the house were kept. She was asked to do a number of things which she did. When she complied with his demands he hung up the phone. Case 991029692

"On Aug. 23 at 8:30 a.m. on the 1700 block of Sanchez, Ingleside officers responded to a call of a robbery in progress. The victim was called by a suspect who told her he worked for the phone company. He then told her it was a robbery. He told her to put her jewelry in a bag which she did. She became scared that the suspect was somewhere in her home. She ran from the house to a neighbor's where she called police. Case 991028058

"On Aug. 23 at 9:00 p.m. on the 4700 block of Mission, Ingleside officers saw a crowd of people stopping traffic in the street. The officers were trying to disperse the crowd when one of the subjects assumed a fighting stance challenging the officer. When the officer tried

to detain the subject he ran from the officer. Several officers chased the subject and caught him. While attempting to place the male suspect into the vehicle he became combative. There were also two other male subjects approaching the officers. They tried to get between the officers. The officers tried to restrain them and the two subjects became combative. The officers were finally able to subdue the subjects and take them into custody. The first suspect was booked for challenging to fight, resisting arrest, delaying arrest and vandalism. The second suspect was booked for attempting to lynch a prisoner, resisting arrest, battery of a police officer, and violation of probation. The third suspect was booked for attempting to lynch a prisoner, resisting arrest, giving false identification, and battery of a police officer. Case 991026773

"On Aug. 29 at 12:36 a.m. at Blythdale/Brookdale, Ingleside officers spotted a vehicle driving at a high rate of speed. The officers attempted to stop the vehicle but the driver would not comply.

A chase ensued and the driver was caught. The officers responded to the home of the registered owner of the vehicle where it was determined that the vehicle had been stolen. The driver, a male suspect, was booked for the theft of the vehicle, possession of stolen property, evading a police officer, reckless driving, and driving without a valid license. There were also four other suspects in the vehicle, all black, who are still wanted. Case 991055095

"On Sept. 9 at 1:38 p.m. on the 200 block of Vienna, Ingleside officers responded to a burglary in progress. The officers detained two suspects inside the home. The first male suspect was booked for burglary, possession of a concealed weapon, possession of a firearm with altered identifying marks, possession of burglary tools, and possession of stolen property. A second male suspect was booked for burglary, possession of stolen property, and possession of burglary tools. Case 99106002

"On Sept. 9 at 10:00 p.m. at Ocean/Phelan, Ingleside officers responded to a robbery. The victim had two suspects ran up behind her and grab her jacket. When she did not release the jacket immediately she was thrown to the ground. The suspects punched and kicked her repeatedly until she let go of the jacket. The suspects were described as two black juvenile males, both approximately 5'8", 130 lbs.

One of the suspects was wearing a black jacket with a red ski cap. The other heavy dark clothing. Case 991108951

"On Sept. 10 at 7:30 p.m. on the 400 block of Silver Ave., Ingleside officers responded on a call of a possible rape. There were several subjects detained at the scene. The victim stated none of the subjects was the one involved in the rape. The suspect is described as a male of unknown race, 5'8", 180 lbs. with black hair and brown eyes. He was wearing a white T-shirt and tan pants and is approximately 50-54 years old. Case 991114027

"On Sept. 12 at 9:25 a.m. on the 5000 block of Mission St., Ingleside officers spotted a male bleeding from the upper chest and back area. The victim was being chased by a female. The officers were able to detain the parties and seek medical attention for the victim. The suspect was booked for assault, attempted homicide, terrorist threats, and inflicting injury on a cohabitee. Case 991118897

### **State Tax Rates Set for 1999 Tax Year**

Californians whose taxable income remains unchanged from last year will pay lower state income taxes when they file their 1999 tax returns, announced the Franchise Tax Board (FTB).

The standard deduction will increase for single or separate taxpayers from \$2,642 to \$2,711, and for joint, qualifying widow(er) or head of household taxpayers from \$5,284 to \$5,422. The personal exemption will increase for single, separate or head of household taxpayers from \$70 to \$72 and for joint or surviving spouses, from \$140 to \$142.

Due to Assembly Bill 1140, the filing threshold amounts have significantly changed. Nearly 400,000 Californians who filed last year will not have to file for 1999. Filing requirements now take into account dependent exemption credits and senior exemption credit.

The indexed values are computed based on the inflation rate as measured by the California Consumer Price Index for all urban consumers from June 1998 to June 1999.

### **GRAPEVINE MAILBOX**

#### **Solid Work Ethic is a Cornerstone of Mayoral Candidate's Life**

Dear Editor:

J.R. Manuel is a self-made man, who started working before he was 8 years old and has developed a solid work ethic, exceptional problem-solving skills and experience. He learned early in life that hard work, punctuality, and integrity are the cornerstones of success in life and that one person can make a difference. J.R.'s diversified business interests over the past several decades have included environmental management, retail merchandising, industrial design and engineering, maritime operations, and law enforcement consultant in the area of government.

J.R. Manuel is also an expert in government finance who has developed a workable model for eliminating welfare through interim financing with tax

credits for businesses. J.R. Manuel has a proven track record of restoring neighborhoods overrun by blight, drugs, crime, and homeless encampments. Manuel has undertaken the restoration of San Francisco's historic Anderson & Cristofani Shipyard and Marine Ways in India Basin, where Jack London's boat The Snark, as well as the vessel used in John Wayne's movie, Blood Alley, were designed and built, and where numerous other famous vessels including World War II war ships and barges were built. Prior to J.R. Manuel's acquisition, this property and the surrounding area were overrun by countless homeless people, drug addicts, and criminals.

Today, as a direct result of J.R. Manuel's individual efforts, this San Francisco landmark has been reclaimed and the surrounding streets are free of homeless people, drug addicts, and criminals. Residents and business owners alike now enjoy the new found safety and renewal of the neighborhood.

Linda Stockdale Brewer

### **Visitacion Valley Child Care Food Program**

Visitacion Valley Community Center Inc. Children's Programs announces the sponsorship of the Child Care Food Program. The Program is available without charge to all eligible participants. Children are served the same meals at no separate charge.

"The United States Department of Agriculture (USDA) prohibits discrimination in all of its programs and activities on the basis of race, color, national origin, gender, religion, age, disabilities, political beliefs, sexual orientation, or marital and family status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audio tape, etc.) should contact USDA's Target Center at (202) 720-2600 (Voice and TDD)." "To file a discrimination complaint, write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (Voice and TDD). USDA is an equal opportunity provider and employer."

For more information, contact: Visitacion Valley Community Center, Inc. Children's Programs, 50 Raymond Avenue, San Francisco, CA 94134, (415) 467-6300, Fax (415) 467-4367



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# Building a Middle School in Visitacion Valley



These recently unearth photos dating from the early 1970s show acreage on the north hill of Visitacion Valley being excavated for construction of Visitacion Valley Middle School. Geneva Towers, now the site of Heritage Homes can be seen in the background of several views.

## Neighborhoods Across San Francisco Support Octavia Boulevard

Over the years San Francisco's neighborhoods have had a history of pitting themselves against each other over important political issues. Neighborhoods fought bitterly for years over whether the Golden Gate Bridge should be built, and we've all heard the stories about the years of fighting that occurred before the City finally decided to build Golden Gate Park.

Likewise, the Central Freeway has been a very divisive issue for nearly a decade. On Nov. 2, the issue will come before the voters for the third time.

Voting yes on Proposition J would throw out the Octavia Boulevard Plan that passed in last November's election and call for retrofitting and doubling the width of the old, damaged structure between Mission and Fell streets.

Voting no on Proposition J would be a vote to continue with the Octavia Boulevard Plan, which would replace the Central Freeway with new ramps and a four-block boulevard along Octavia Street, connecting the freeway to Fell, Oak, Franklin and Gough streets.

Gerry Crowley, from Telegraph Hill Dwellers, said, "We have learned by experience that tearing down of the Embarcadero Freeway has significantly enhanced the northeastern part of the City. In the spirit of caring for others in San Francisco, we want the

right-of-way; and establish a planning process that would prioritize how the \$30 million windfall from land sales will be spent to improve traffic flow to and from the Octavia corridor.

After almost ten years of hard-fought debates between east side and west side neighborhoods, agreement among community organizations is finally being reached. This year neighborhoods from across the City have endorsed the Octavia Boulevard plan.

Planning Association for the Richmond (PAR) voted to oppose Proposition J, the freeway retrofit, and support Proposition I, the Octavia Boulevard Plan. PAR's reasoning, "Freeways are destructive to residential neighborhoods. The removal of the Central Freeway will enable rejuvenation in this area of our City Neighborhoods and neighborhood organizations have a stake in supporting each other on quality-of-life issues. We are residents of the Richmond District, but we are basically San Franciscans."

Proposition I would continue the progress of the Octavia Boulevard Plan by establishing a planning process for building up to 900 units of housing that can be constructed on land freed up from the freeway.

Boulevard—it's aesthetically pleasing and will ensure the future of Hayes Valley."

Dave Monks, of the Noe Valley Democratic Club said his club supports the Boulevard Plan because they realize that "Freeways through residential neighborhoods create problems that never go away: crime, vagrancy and litter." Dave says Noe Valley is lucky not to face these problems, so Noe Valley's residents can focus on issues like the quality of the parks, not on battling drug dealers and illegal dumping like folks in Hayes Valley. Dave pointed out that "The inherent problems of the freeway waste a lot of neighborhood energy in Hayes Valley. Once it's torn down, that energy will be directed to more inspiring, exciting neighborhood projects."

This year both the Sunset and the Richmond Democratic clubs voted overwhelmingly to support the Octavia Boulevard. The Boulevard Plan is "the option that is best for most communities." They added that the Boulevard "allows us to get to and from our neighborhoods in about the same amount of time, with the advantage that the Boulevard actually allows more options to choose from than merely getting on and off as the freeway does." The Bou-

levard "moves traffic as efficiently as the Central Freeway, with less adverse environmental and neighborhood impacts. It's safer than the retrofit, will result in more affordable housing, costs less and will be done sooner."

Former Mayor Art Agnos, stated recently that "It's not often that we have an opportunity to create something positive for our City that will still be benefiting residents one hundred years from now. I had that opportunity with the Embarcadero. Look what we created there—the wonderful vistas of our waterfront. We have that same opportunity here—to leave San Francisco better than we found it. We have an opportunity to better the lives of San Franciscans for one hundred years and beyond. We can be proud to say we were part of this effort."

Other neighborhoods supporting the Boulevard Plan are Alamo Square Neighborhood Association, Castro Area Planning + Action, Duboce Triangle Neighborhood Association, Haight Ashbury Neighborhood Council, Hayes Valley Neighborhood Association, Mint Hill Neighborhood Association, North Beach Neighbors, North of Panhandle Neighborhood Association, Pacific Heights Association, Panhandle Residents' Association, Russian Hill Neighbors, and, Sunset-Parks Education and Action Committee.

## New Milk Bill Sent To Governor's Office

As milk prices are about to rise by 41 cents a gallon a new *Milk Bill* by State Senator Jackie Speier was approved Sept. 15 by the State Senate.

"The milk bill will help consumers determine where they can buy the least costly milk for their families," explained Speier. "Consumers can easily discover how they can save up to \$1.40 on the purchase of a gallon of milk. With milk prices about to rise yet again, consumers need to be made aware that they have options and can find more affordable milk in their small neighborhood stores."

The Milk Bill (SB 419) directs the California Department of Food and Agriculture (CDFA) to conduct monthly statewide price surveys of the cost of milk at supermarkets and convenience stores. Price results would be posted on CDFA's website and recorded on CDFA's toll-free telephone milk line.

Farm milk prices fell by a historic 50 cents a gallon in April and have been steadily climbing since then. As a result, by the end of October, the average retail price for whole milk in San Francisco is expected to be more than \$3 per gallon.

According to price data from CDFA, in May retail prices bottomed out at an average retail price of \$2.39 per gallon of whole milk in San Francisco.

In July, the average retail price for a gallon of whole milk was up 18 cents to \$2.57. For the same period, the farm price for milk has risen by only two cents per gallon to \$1.22 per gallon. Farm price in August went up another 4 cents to \$1.26 per gallon and is set to go up another 41 cents in October.

Recent independent price surveys of retail milk, including a study by Consumer Union, sponsors of the bill, reveal that milk prices, even prices for the same brand of milk, vary widely from store to store with larger stores often charging 40 percent more than smaller stores for a gallon of milk.

"We're taking it to the consumers—they are the ones who will decide who wins the milk pricing war," said Speier. "Informed consumers can shop with their feet and bring competition to retail milk pricing."

Speier emphasized that the bill requires grocers to post CDFA's toll-free milk price number and website at the dairy case where milk is sold. The survey would cover the entire state.

The milk bill requires that CDFA capture prices for all brands of milk sold in a store and that prices be posted for nonfat, 1 percent, 2 percent and whole milk. The bill also calls for CDFA to survey 100 stores monthly.

## Kick Off Ceremony for New Light Rail Project

A ceremony to kick off the Third Street Light Rail Project will be held Friday, Oct. 15, 11:30 a.m. at the CalTrain Station at Fourth and King streets.

Mayor Willie Brown will join Muni General Manager Michael T. Brown and Supervisor Michael Yaki, chair of the San Francisco County Transportation Authority, to mark the start of construction for a new rail line that will extend the J-Church Muni Metro line from the Market Street Subway and Embarcadero extension along Third Street and Bayshore Boulevard to a southern terminus in Visitacion Valley scheduled for completion in 2003.

## Free Self-Defense Class for Women

San Francisco Women Against Rape is offering a free 12-hour self-defense class for women in Spanish and English. Sessions of this class meet on Oct. 16, 23, 30, and Nov. 6. For more information and to register, call (415) 861-2024, extension 304 for English, and extension 351 for Spanish.

M	N	E	L	E	K	T	O	P
B	A	R	E	•	M	I	C	E
I	D	E	C	•	I	D	E	A
•	R	E	T	S	A	R	•	H
B	A	R	G	E	•	S	E	T
I	D	E	•	R	E	A	D	S
R	A	S	P	•	O	L	I	D
R	R	T	•	B	U	R	S	T

## Historic Proportions

Match clues to answers.

1954

- First of these is produced by Motorola
- They were the NBA champs on Apr 12.
- Their surrender on May 7 at Dien Bien Phu ended the Indochinese War.
- National authority began regulation of these.
- United States gave this a test on Mar 1.
- Nautilus was the first of these to be launched Jan. 21.
- First of an annual event July 18 in this Rhode Island town.
- Vice President Nixon proposed improvement of these July 12 for an expanding nation.
- Hairstyle became popular with men.
- Senator was leading an investigations subcommittee.
- Dash 80 debut on July 15 had later well-known name.
- Procedure first successfully performed on Dec. 23.
- Westinghouse comes out with the first of these in March.
- World Series winners in four straight games.
- School children began receiving mass immunizations for this dreaded disease.

case.

- Popular TV show first aired Oct. 3.
- First flight on Aug. 5 exceeded all expectations.

18 Best Picture at the Academy Awards on Mar. 25.

A Father Knows Best  
B Newport Jazz Festival  
C Color TV  
D Joseph McCarthy  
E Boeing 707  
F Interstate highways  
G Polio  
H Hi-Fi  
I Atomic submarine  
J Comic books.  
K From Here to Eternity  
L Crewcut  
M French armed forces  
N B-52 bomber  
O New York Giants  
P Minneapolis Lakers  
Q Hydrogen bomb  
R Kidney transplant

14-A, 15-G, 16-A, 17-N, 18-K  
7-B, 8-F, 9-L, 10-D, 11-E, 12-R, 13-C,  
7-B, 8-F, 9-L, 10-D, 11-E, 12-R, 13-C,  
14-O, 15-Q, 16-J, 17-N, 18-K

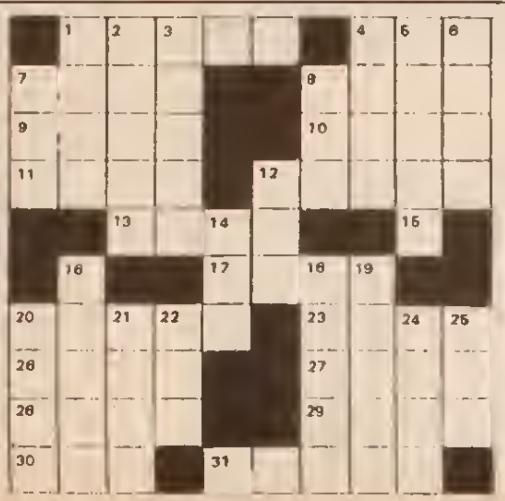
**Walk To Beat**  
**Breast Cancer** Making Strides against breast cancer  
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## Grapevine Crossword

**ACROSS**  
1. Fray  
4. Crust  
7. Empty  
8. Rodents  
9. Thought  
10. Space  
11. Floor  
12. Perfect  
13. Ruler  
15. North  
17. Poet  
20. Vessel  
23. Sleep  
26. Opinion  
27. Bundle  
28. Grate  
29. Feed  
30. Respiratory therapist  
31. Explode

**DOWN**  
1. Created  
2. Build  
3. Drags  
4. Hoop  
5. Seas  
6. Churns  
8. Angry  
12. Fury  
14. Is  
16. Detention  
18. Sprinkle  
19. Trades  
20. Push  
21. Lease  
22. Hole  
24. Cut  
25. Scatter



torn deck of the Bay Bridge - formerly used for Key System trains and large trucks - reopened with five eastbound traffic lanes

15 In 1853, a telegraph line began transmission between S.F. and San Jose. In 1863, the San Francisco and San Jose Railroad began operating. Also that day, the first Cliff House opened

16 In 1971, McLaren Park Amphitheatre was dedicated

17 In 1904, the Bank of Italy - later Bank of America - was established by A.P. Giannini. In 1989, a 7.1 earthquake - strongest since 1906 - shook the Bay Area at 5:04 p.m.

19 In 1968, Golden Gate Bridge toll doubled to 50 cents, collected only from southbound traffic

20 In 1929, traffic first rolled down the Bayshore Highway

21 In 1868, a strong earthquake shook the City at 7:53 a.m.

23 In 1853, the original St. Francis Hotel, a five-story structure at Clay and Dupont (now Grant Ave.) Sts. was destroyed by fire

25. In 1909, the Visitation Valley streetcar line - a one-track route with turnouts - began operating from Geneva Ave. and Mission St. to the Six Mile House at what is now Bayshore Blvd and Sunnydale Ave. In 1913, the cornerstone of S.F. City Hall was set in the Civic Center

26. In 1920, the Ocean Shore Railroad - never profitable with light patronage during its 14 years - ran its last train

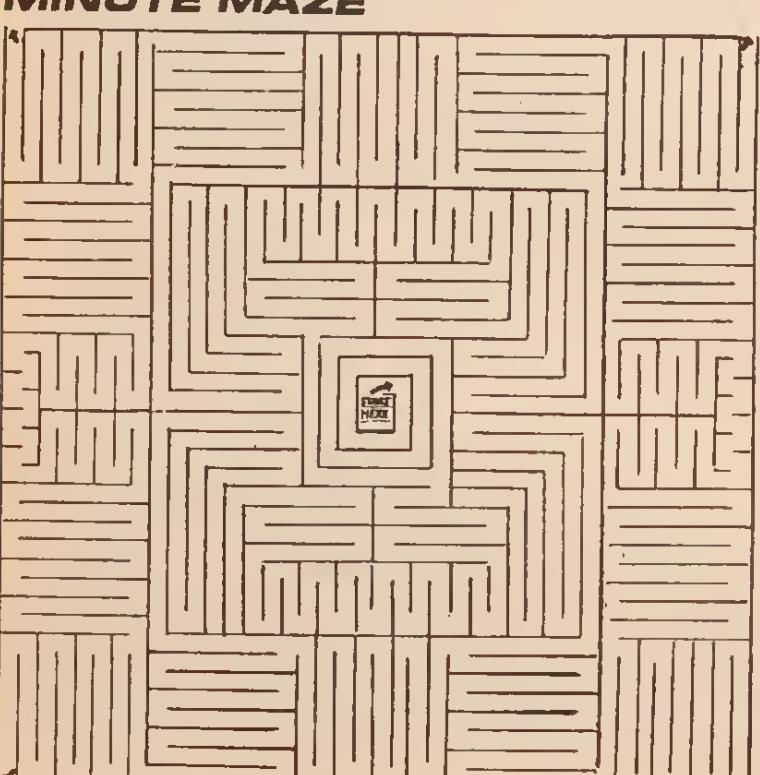
27. In 1966, the S.F. Bay Guardian had its first issue on the streets

## This Month in S.F. History

OCTOBER

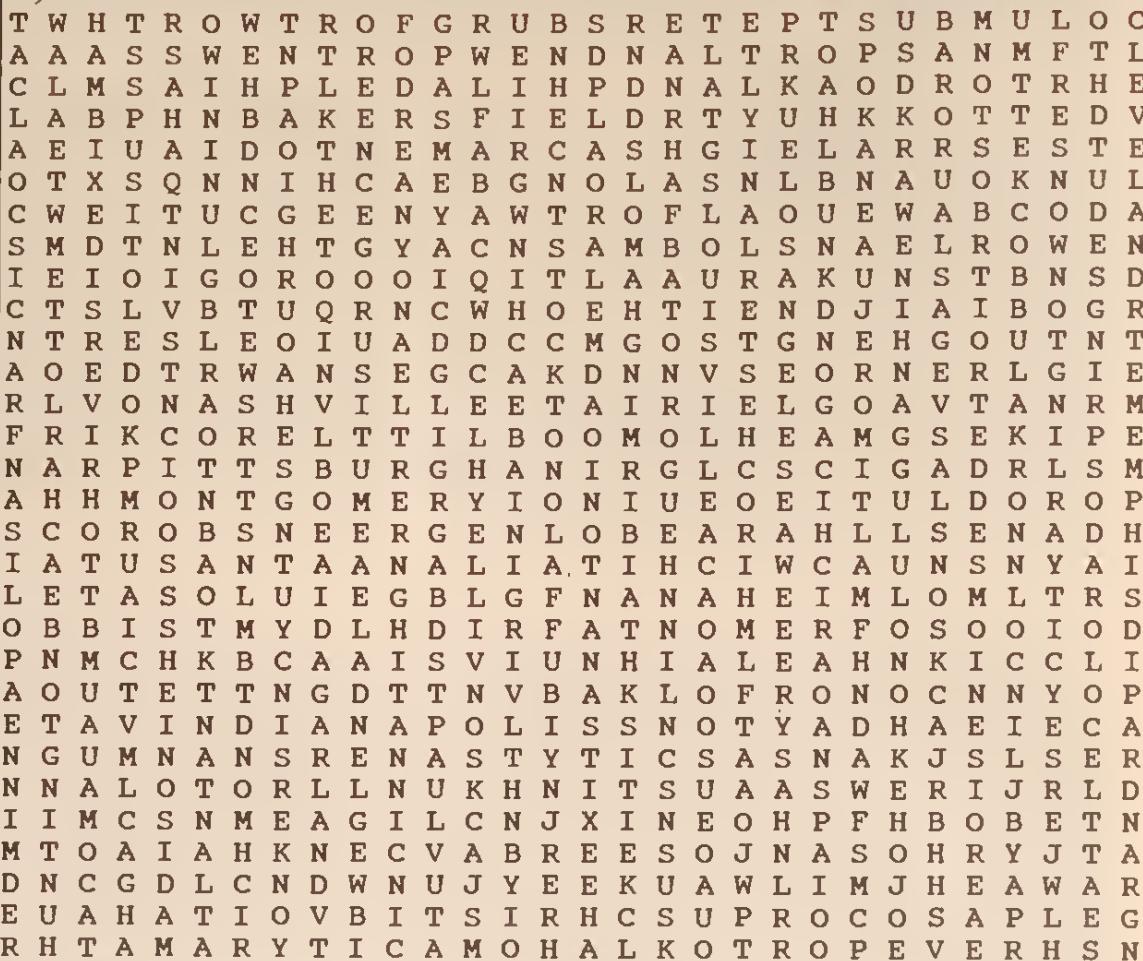
- In 1858, the *Daily Evening Transcript* was established by William H. Mantz and Co. In 1964, the City's cable cars were declared a National Historical Monument.
- In 1859, the cornerstone was set for St. Francis Church in North Beach.
- In 1978, a newly refurbished Pier 39 opened.
- In 1875, the Palace Hotel on Market St. opened.
- In 1953, the Hyde St. Pier - once a major ferry-boat embarkment point - reopened as a State Historical Park.
- In 1935, eight trolley busses built by J.G. Brill of Philadelphia began running on the 33 Golden Gate Park line of the Market Street Railway, first of the City's many electric busses. In 1940, S.F. Zoological Gardens first opened.
- In 1855, the *Daily Evening Bulletin* was established by C.O. Gerberding and Co., with James King of William as editor. William died seven weeks later in a famous duel with Sunday Times editor James Casey. In 1860, a telegraph line was completed between S.F. and Los Angeles. In 1865, a jolting earthquake loosened bricks and broke cornices of City buildings. In 1933, Coit Tower - built with funds bequeathed by Little H. Coit - was dedicated.
- In 1776, Mission Dolores was founded.
- In 1933, Alcatraz converted from military prison to federal penitentiary. In 1963, the bol-

## MINUTE MAZE



## GRAPEVINE PUZZLER

## Big Towns in North America



New York (NY)	Memphis (TN)	Charlotte (NC)	Santa Ana (CA)	Riverside (CA)	Hialeah (FL)
Los Angeles (CA)	Washington, D.C.	Atlanta (GA)	Mesa (AZ)	Anchorage (AK)	Montgomery (AL)
Chicago (IL)	Boston (MA)	Virginia Beach (VA)	Colorado Springs	Lexington (KY)	Lubbock (TX)
Houston (TX)	Seattle (WA)	Albuquerque (NM)	(CO)	Akron (OH)	Greensboro (NC)
Philadelphia (PA)	El Paso (TX)	Oakland (CA)	Tampa (FL)	Aurora (CO)	Dayton (OH)
San Diego (CA)	Cleveland (OH)	Pittsburgh (PA)	Newark (NJ)	Baton Rouge (LA)	Huntington Beach
Detroit (MI)	New Orleans (LA)	Sacramento (CA)	St. Paul (MN)	Raleigh (NC)	(CA)
Dallas (TX)	Nashville (TN)	Minneapolis (MN)	Louisville (KY)	Stockton (CA)	Garland (TX)
Phoenix (AZ)	Denver (CO)	Tulsa (OK)	Anaheim (CA)	Richmond (VA)	Glendale (CA)
San Antonio (TX)	Austin (TX)	Honolulu (HI)	Birmingham (AL)	Shreveport (LA)	Columbus (GA)
San Jose (CA)	Fort Worth (TX)	Cincinnati (OH)	Arlington (TX)	Jackson (MS)	Spokane (WA)
Indianapolis (IN)	Oklahoma City (OK)	Miami (FL)	Norfolk (VA)	Mobile (AL)	Tacoma (WA)
Baltimore (MD)	Portland (OR)	Fresno (CA)	Las Vegas (NV)	Des Moines (IA)	Little Rock (AR)
San Francisco (CA)	Kansas City (MO)	Omaha (NE)	Corpus Christi (TX)	Lincoln (NE)	Bakersfield (CA)
Jacksonville (FL)	Long Beach (CA)	Toledo (OH)	St. Petersburg (FL)	Madison (WI)	Fremont (CA)
Columbus (OH)	Tucson (AZ)	Buffalo (NY)	Rochester (NY)	Grand Rapids (MI)	Fort Wayne (IN)
Milwaukee (WI)	St. Louis (MO)	Wichita (KS)	Jersey City (NJ)	Yonkers (NY)	Newport News (VA)

## Sez Who?

Match quotes to speakers.

1. "Good fences make good neighbors."

2. "When producers want to know what the public wants, they graph it as curves. When they want to tell the public what to get, they say it in curves."

3. "Truth never damages a cause that is just."

4. "No matter how calmly you try to referee, parenting will eventually produce bizarre behavior, and I'm not talking about the kids. Their behavior is always normal."

5. "Instead of giving a politician the keys to a city, it might be better to change the locks."

6. "An advertising agency is 85 percent confusion and 15 percent commission."

7. "Popularity? It's glory's small change."

8. "In Europe an actor is an artist. In Hollywood, if he isn't working, he's a bum."

9. "Nothing strengthens authority so much as silence."

A. Anthony Quinn

B. Doug Larson

C. Victor Hugo

D. Charles de Gaulle

E. Fred Allen

F. Robert Frost

G. Marshall McLuhan

H. Bill Cosby

I. Mohandas K. Gandhi

E, 7-C, 8-A, 9-D

Answers: 1-F, 2-G, 3-I, 4-H, 5-B, 6-

## Recipe of the Month

### FRUITED CURRY CASSEROLE

2 lbs. lean ground beef, 1 large onion, chopped; 1 medium green pepper, chopped; 2 tbsp. cooking oil; 1 slice whole wheat bread; 1 cup milk; 2 large eggs; 1 large apple, chopped; 1 cup chopped dry apricots; 2 tbsp. curry powder; 1 tsp. salt; 1/2 tsp. pepper; curry condiments

Cook onion and green pepper in oil in large frying pan until onion is transparent. Add ground beef and brown lightly. Pour off drippings.

Soak bread in milk. Add eggs, apple, apricots, curry powder, salt and pepper to beef. Add bread and milk. Mix well.

Place in 2 quart oven-proof casserole; bake in a moderate oven 350 degrees for 45 minutes.

Serve with curry condiments such as chutney, raisins, shredded coconut and sunflower seeds.

## Famous Birthdays

OCTOBER

1. Julie Andrews (1933), Jean Arthur (1908); Tom Bosley (1927), Jimmy Carter (1924); Richard Harris (1930); Ted Healy (1895); Walter Matthau (1920); George Peppard (1929); Randy Quaid (1950); Orson Shand (1932); Sela Stevens (1936); James Whitmore (1921); Bud Abbott (1895); Charley Chase (1893); Margaret Dumont (1889); Groucho Marx (1890); Spency McFarland (1928); Don McLean (1945); Rex Reed (1938); Sung (1951); Tiffany (1971); Gertude Berg (1899); Chubby Checker (1941); Ruth Gordon (1896); Warner Oland (1880); Madelyn Rhue (1934); Dave Winfield (1951); Thomas Wolfe (1900); 4. Rutherford B. Hayes (1822); Clinton Davis (1945); Charlton Heston (1923); Buster Keaton (1895); Patti LaBelle (1944); Susan Sarandon (1946); Lon Saunders (1941); Tucci Brothers (1877); 5. Chester Alan Arthur (1830); Josie Bissett (1969); Bill Dana (1924); Bob Geldof (1954); Glynn Johns (1923); Alan Ladd (1913); Steve Miller (1943); Donald Pleasence (1919); Jimmy Pritz (1905); William Tabbert (1921); 6. Britt Ekland (1942); Janet Gaynor (1905); Carole Lombard (1908); Matthew Sweet (1964); Bob War (1947); 7. June Allyson (1917); Gable Dell (1919); Andy Devine (1905); Alfred Drake (1914); John Melncamp (1951); Oliver North (1943); 8. Rona Barrett (1936); David Carradine (1936); Chevy Chase (1943); Paul Hogan (1939); Jesse Jackson (1943); Bela Lugosi (1882); Sigourney Weaver (1949); Jackson Browne (1950); John Entwistle (1944); John Lennon (1940); Joe Pepitone (1940); 10. Jessica Harper (1949); Helen Hayes (1900); Martine Navratilova (1956); Alan Rachins (1927); David Lee Roth (1956); Tammy Tucker (1958); 12. Susan Anton (1950); Kirk Cameron (1970); Dick Gregory (1932); Luciano Pavarotti (1935); 11. Day Hall (1948); Earl Hyman (1926); Ron Leibman (1937); Luke Perry (1966); Jerome Robbins (1918); Eleanor Roosevelt (1884); Roy Scheider (1935); Steve Young (1951); 13. Lenny Bruce (1925); Lorraine Day (1920); Yves Montand (1921); Marni Nixon (1959); Nipsey Russell (1924); Paul Simon (1941); Dame Snodgrass (1938); Margaret Thatcher (1925); Cornel Wilde (1915); Desmond Wilson (1946); 14. Harry Anderson (1949); Dwight D. Eisenhower (1890); Lilian Gish (1896); Ralph Lauren (1938); Roger Moore (1929); Roger Moore (1927); Cliff Richard (1940); 15. Fritz Feld (1900); Lee Iacocca (1924); Tito Jackson (1953); Linda Lavin (1937); Penny Marshall (1945); Jean Peters (1926); 16. Michael Conrad (1927); Barry Corbin (1945); 17. Sam Bottoms (1945); Montgomery Clift (1920); Beverly Garland (1926); Rita Hayworth (1918); Margot Kidder (1948); 18. Chuck Berry (1926); John Boles (1895); Peter Boyle (1933); Leo G. Carroll (1929); Pam Dawber (1951); Mike Ditka (1939); Jesse Helms (1921); Minnie Hopkins (1902); Joe Morton (1947); George C. Scott (1927); Inger Stevens (1934); 19. Jack Anderson (1922); John Lithgow (1945); Robert Reed (1932); Simon Ward (1941); 20. Dr. Joyce Brothers (1928); Art Buchwald (1925); William Christopher (1932); Michael Dunn (1925); Arlene Francis (1908); Grandpa Jones (1913); Tom Petty (1953); 21. Dame Fisher (1956); Dolly Galsipe (1917); Peter Graves (1911); Manfred Mann (1940); Joyce Randolph (1925); 22. Constance Bennett (1905); Joan Fontaine (1917); Annette Funicello (1942); Catherine Deneuve (1943); Jeff Goldblum (1952); Valerie Gelin (1966); Derek Jacobi (1938); 23. Johnny Carson (1925); Diana Dors (1931); Lea Remond (1920); Christopher Lloyd (1938); 24. Kevin Kline (1947); David Nelson (1936); Bill Wyman (1938); 25. Billy Barty (1924); Barbara Cook (1927); Anthony Franciosa (1928); Tracy Nelson (1918); Mergat Kidder (1948); Evel Knievel (1963); Minnie Pearl (1912); Helen Reddy (1942); Marion Ross (1928); 26. Primo Camera (1905); Hillary Rodham Clinton (1947); Jackie Coogan (1914); Bob Hoskins (1942); Francois Mitterrand (1916); Pal Sajak (1947); Jacklyn Smith (1948); John Vickars (1926); 27. Terry Anderson (1947); Jack Carson (1910); John Cleese (1939); Ruby Dee (1924); Lef Erikson (1911); Nancie Fabray (1920); Simon LeBon (1958); Sylvia Plath (1932); Theodore Roosevelt (1858); Teresa Wright (1918); 28. Jane Alexander (1933); Charlie Daniels (1936); Wayne Fontana (1940); Dennis Franz (1944); Jackée Holder (1956); Temma Hopkins (1948); Bruce Jenner (1949); Julia Roberts (1967); Jack Soo (1915); 29. Fanny Brice (1891); Richard Dreyfuss (1947); Kate Jackson (1948); Denny Laine (1944); Meba Moore (1945); Jacki Pearl (1935); Whina Ryder (1971); 30. John Adams (1735); Grace Slick (1939); Harry Hamlin (1951); Louis Malle (1932); Charles Martin Smith (1963); Henry Winkler (1945); 31. Barbara Bel Geddes (1922); John Candy (1950); Dale Evans (1912); Lee Grant (1929); Michael Landon (1937); Jane Pauly (1950); Dan Rather (1931)

## Reports Document Discrimination Against Minorities by Mortgage Lending Institutions

From Page 1

vast homeownership gap that divides whites from minorities in America today."

The term homeownership gap is used to describe the large disparity in homeownership between whites and minorities. In the second quarter of this year 73.2 percent of white families owned their own homes, while only 45.8 percent of African American families and just 44.9 percent of Hispanic families were homeowners.

The independent Urban Institute report, commissioned by HUD, re-analyzed data assembled by the Federal Reserve Bank of Boston and found large differences in loan denial rates between minority and white applicants. It said the differences can't be explained by data or statistical problems asserted by prior critics of the Boston study. The analysis presents substantial evidence that discrimination exists, shifting the burden of proof to those who would argue that these differences are entirely due to racial

neutral underwriting criteria. The Federal Reserve study found that the probability of loan denial in the Boston area was about 80 percent higher for a black or Hispanic applicant than for a white applicant, even after loan, property and credit and other traits were accounted for. The report found that even among institutions with good intentions, and where loan officers take pride in working with borrowers who need more help on loan applications, minority customers may not be receiving equal treatment. The study says that achieving significant reductions in lending discrimination may require changes in business practices.

The Urban Institute report concludes by recommending priority next steps in measuring mortgage discrimination and developing policies and practices to better combat it. These recommendations include:

\* Expanded research on lender decisions about office locations, advertising and outreach, as well as referrals that may discourage minorities from ever applying for loans with some institutions.

\* Stepped-up testing at the pre-application stage and possibly the loan approval stage as well, for research,

enforcement, and self-assessment by lenders themselves.

\* New nationwide studies of mortgage lending, including analysis of mortgage loan performance to determine the "business necessity" of lending criteria and procedures that disproportionately disadvantage minorities.

\* Expanded research on loan terms and conditions, including examination of relatively recent market trends such as risk-based pricing and credit-scoring formulas, as well as analysis of overages and fees.

\* Rigorous evaluation of successful fair lending to find out what really works to increase lending to traditionally under-served groups.

The study also says lending institutions need tools that they can use to monitor and assess their own anti-discrimination efforts.

HUD commissioned the Urban Institute report on lending discrimination in response to calls by the U.S. Conference of Mayors, The National Conference of Black Mayors, the National Association of Real Estate Brokers, the Congress of National Black Churches, and 100 Black Men of America, Inc. for such a study, as part of an effort to close the homeownership gap.

## Measure Will Prohibit Sale of Personal Information by Supermarkets

Grocers will be prohibited from selling or sharing shoppers' personal information under legislation signed by the Governor Oct. 4.

Now signed into law, SB 926 by State Senator Jackie Speier, recently approved by the State Senate, makes California the first state in the nation to regulate the collection and use of such information.

Existing supermarket reward or club card applications used by some grocers ask consumers for their driver's license number, birth date, social security number, home address, phone number, work phone, number of people in the household, and household income. Under this legislation, these applications could no longer request the drivers license number or

social security number as a condition of getting a card. Additionally, a grocer would be prohibited from selling or sharing the consumer's name, address, telephone number or other personal identification information.

"Consumers should not have to provide their social security numbers and driver's license numbers to save money on grocery purchases," said Speier. "Supermarkets do not need to collect this personal information before taking 50 cents off on a bag of apples."

A Los Angeles Times survey in June, 1998 showed that 75.8 percent of shoppers say they belong to one or more supermarket card programs. According to an A.C. Nielsen survey, these frequent shopper programs are the third most popular reason for

choosing a store. These cards have quickly taken a tremendous role in the marketing of groceries in California. In many cases, the discounts result in savings of more than 25 percent.

"By prohibiting the sale of sharing consumers' names, addresses and phone numbers, grocery shoppers can feel confident that they will not find themselves on countless marketing, mailing or telephone lists," noted Speier. "Additionally, by prohibiting the collection of driver's license numbers and social security numbers, consumers will enjoy some level of confi-

## Workshops to Help Students Prepare for SAT, SAT II Exams

Teens will be better prepared to take the SAT exams, receive financial aid, prepare college essays, and enter the college of their choice, thanks to a new series of workshops offered by the San Francisco Public Library.

College preparation workshops for the SAT and SAT II, including Math-

VISITACION VALLEY GRAPEVINE - OCTOBER 1999 - 7

ematics Level I-C and Essay and Grammar, will be offered at branch libraries in October. A Financial Aid and College Essay Workshop will be offered at the Main Library. This program is funded through a \$500,000 gift from the Carnegie Corporation of New York. For more information, call (415) 557-4272.

## Grapevine Want Ads

HELP ELECT MIKE SCHAEFER our new District Attorney, experienced, will assure fairness and justice to all. 26 Gamson, 469-0432 VOLUNTEERS WANTED for WVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, WVCC After School coordinator (415) 330-8557.

A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library children's books and magazines, small children's furniture, writing and/or art supplies, educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick up any materials.

BEEN THERE...DONE THAT! The Visitacion Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for "Welfare to Work-Job Readiness Training." Classes are conducted by sensitive community trainers from Visitacion Valley. Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying to sell yourself into today's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877.

ADVERTISING IN THE GRAPEVINE for Display: Full Page: \$150; 1/2 Page: \$80; 1/4 Page: \$45; 1/8 Page: \$25; 1/12 Page: \$15. Discount for three or more insertions. Call (415) 467-9300 for more details. Want Ads 20 words for \$1. Extra line 50 cents. Mail ad and payment by last day of prior month to Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

## Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

### AUTOMOTIVE

BAYSHORE GAS & SERVICE (mechanic), 2260 Bayshore Blvd., 467-6130  
BAYSHORE SERVICE (mechanic), 2596 Bayshore Blvd., 239-5239  
CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450  
GARAGE BY TOPRACING, 130 Leland Ave., 333-5938  
MR. CLEANS CAR WASH (Morton Bradley, detailing), 2501 Bayshore Blvd., 468-8831  
TW AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281  
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880

### BANK

BANK OF AMERICA, 6 Leland Ave., 622-4501

### BAKERS

CUNEOP BAKERY, 96 Leland Ave., 239-6090  
LITTLE OUIAPO BAKESHOP, 169 Leland Ave., 239-2253

### BARBERS

DEMASI'S BARBER SHOP, 35 Leland Ave.  
THE SHOP (JB), 178 Leland Ave., 239-6709

### BEAUTICIANS

ANGEL COIFFURES, 5 Leland Ave., 239-9891

MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381

McCALLS FOR HAIR, 3585 San Bruno Ave., 467-7319

MIZ RENA'S SALON, 19 Blanken Ave., 467-3399

NAILS BY JENNY (manicurist), 50 Leland Ave., 333-6800

A NEW START HAIR STUDIO (Joyce Hollins), 224 Leland Ave., 584-3077

TAMMIES HAIR DESIGN, 3564 San Bruno Ave., 330-9535

### BLIND CLEANING

SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Grand St., 467-7506

### BOARDING HOUSE

ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

### BOOKKEEPER

VERNA WALLACE & A., 2320 Bayshore Blvd., 239-5333

### CHURCHES

CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5930

KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213

RIDGEVIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457

ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381

VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055

VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

### CLOTHING

SPONA (designer fashions, Delores Logan), 9 Leland Ave., 239-9631

### DENTIST

VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland St., 239-5500

### DEVELOPERS

GENEVA VALLEY DEVELOPMENT CORP., 333 Schwinn St., 587-7895

TUNTEX U.S.A., 150 Executive Park Blvd., 468-6676

### DISTRIBUTOR

PACIFIC FISH & POULTRY, 2414 San Bruno Ave., 468-2355

### ELECTRICAL

TATE ELECTRIC (Joel Tate), 467-4657

### FINANCING

ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900

### FLORISTS

CUPID FLORIST, 36 Leland Ave., 585-7766

IL FIORE FLOWERS, 2466 San Bruno Ave., 468-0145

### GARDEN ORNAMENTS

SILVESTRIS GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

### GROCERS

E-Z STOP MARKET, 2203 Geneva Ave., 585-9240

FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300

K.C. MARKET, 400 Wilde St., 467-3024

LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815

M & M SHORTSTOP, 2145 Geneva Ave., 585-0878

PICCOLO PETE (det.), 2155 Bayshore Blvd., 468-6800

SAMS OEL & LIQUOR, 25 Leland Ave., 239-7183

SARI-SARI FOODSTORE, 58 Leland Ave., 239-7183

7-11 (Manny DeLeon), 2200 Bayshore Blvd., 468-8646

SHIRELS GROCERY AND FLOWERS, 1401 Leland Ave.

SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851

SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506

SUPER FAIR MARKET, 201 Leland Ave., 239-6856

TAUTUA MO OE (Samoa grocery, gifts, fabric), 15 Leland Ave., 585-0509

TEDOY'S MARKET, 298 Teddy Ave.

VALLEY SUPER MARKET, 66 Leland Ave., 239-7520

### HAIR PRODUCTS

JADE HAIR PRODUCTS, 160A Leland Ave.

### HERBS

KWOK HONG CHINESE HERBS, 57 Leland Ave., 585-8751

SAN ON HERBS, 33-A Leland Ave., 333-7469

### HYPNOTHERAPY

VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

### LAUNDRY/CLEANERS

BAY WASH, 44 Leland Ave.

CITYWASH INTERNATIONAL, 83 Leland Ave., 333-9467

COIN WASH & ORY LAUNDRY, 186 Leland Ave.

FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418

LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412

VALLEY LAUNDRY, 90 Leland Ave.

VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

### LEARNING

3N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8565

VISITACION VALLEY COMMUNITY CENTER, 50 Raymond Ave., 467-6400

VISITACION VALLEY FAMILY SUPPORT CENTER, 251 Schwinn St., 469-2120

VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VJET), 333 Schwinn St., 239-2866

SHOE REPAIR

ARMANDO'S SHOE REPAIR (Armando Rosignolo), 156A Leland Ave., 239-7216

### SIGNS

## Celebration on the Greenway



Neighbors participated in noontime festivities Sept. 18 at the senior garden on Arleta Avenue in celebrating the Reis Tracts being designated the Visitacion Valley Greenway, a new park area for the community.

### Healthtalk with Stephanie: Medications Put Brakes On Headache Pain

For many of us, headaches are an occasional annoyance. But for the 24 million Americans who experience severe, throbbing pain that lasts for hours, or even days, headaches can be cruel and crippling.

"At least twice a month, my headaches were so unbearable that I had to lie in a darkened room for most of the day," said 36-year-old Vanessa Kimmel, a professional in the computer industry who often missed days of work. "It took me years to finally talk to my doctor I didn't want to appear weak and I was convinced there was nothing he could do. I was wrong."

What many headache sufferers are learning is that there are many prescription medications that are now available to relieve the pain of most headaches. Being able to describe what kind of headaches you are having is the first step to help your doctor choose the right medication to treat them.

**Tension headaches** can occur occasionally--or daily. When you have a tension headache, you may feel a dull, aching, or squeezing pain, usually on both sides of your head that can last for several hours to a full day.

**Migraine headaches**, which are more common in women, often start in your teen years, and may occur monthly. Most migraine sufferers experience a throbbing or intense pain on one or both sides of their head that can last four to 72 hours. Other migraine symptoms can include nausea, vomiting, and sensitivity to light and sound.

**Cluster headaches** are intense 35 to 40-minute attacks that usually occur on one side of your head. You may have several cluster headaches a day for weeks or months--then not again for months or years. Cluster headaches are also more common in men ages 20-45.

While we usually associate headache

relief with pain relievers like Excedrin or Advil, another type of headache, rebound headaches, are mild to moderately painful headaches that occur often upon wakening when people overuse pain relievers for several days--and stop taking them too abruptly.

While we all react differently, there are some common headache "triggers" that may bring on headaches:

- \***Stress** (crisis, death, divorce, job loss or stress, relationship difficulties)

- \***Diet** (caffeine, chocolate, nuts, citrus fruits, alcohol, aged cheeses, MSG, processed foods, aspartame)

- \***Sensory** (bright or flickering lights, odors)

- \***Hormonal changes in women** (menstruation, ovulation, hormone replacement therapy)

If frequent or severe headaches are disrupting your life, talk with your doctor. With so many effective treatments available, there's no reason to let headache pain keep you from enjoying daily activities. For further information about headaches, contact:

- \*American Council for Headaches, 800-255-ACHE, [www.achenet.org](http://www.achenet.org)

- \*National Headache Foundation, 800-842-2256, [www.headaches.org](http://www.headaches.org)

- \*Migraine Resource Center, [www.migranehelp.org](http://www.migranehelp.org)

For more headache links visit [www.healthed.com](http://www.healthed.com)

*Stephanie E. Mazzeo-Caputo, MSW, MS RD, is vice president of Health Education for Doctors + Designers in Westfield, New Jersey, a health communications company that specializes in Patient-Centered Health Education Programs.*

### San Francisco in the 1980s

KRON-TV looks at San Francisco during the 1980s in the tenth of 12 monthly primetime documentaries chronicling the past 150 years in the Bay Area airing Wednesday, Oct. 13 at 8 p.m. and repeated on Sunday, Oct. 17, 24, 31 and Nov. 7 at 8 p.m. on BayTV (Channel 35 on most Bay Area cable systems).

## Entrepreneurship Center Helps Valley Woman to Succeed

When Mary R. Higgins started a business in May of 1997, she had a skeleton business plan, lack of marketing skills, two clients and limited knowledge of how to reach her target market. Renaissance's Core Business Planning class enabled her to write a business plan, which is now the road map for her business and helped her to reach her target market.

"One program that helped me reach my target market was the Renaissance Expo '98," explained Higgins, where she learned to design an effective and affordable exhibit booth. Higgins also learned how to develop qualified leads by using a variety of displays, strategies and successful sales techniques while increasing her number of clients.

Her business, M.R. Higgins and Associates - Legal Nurse Consultants is a professional service company specializing in medical litigation review with services including, comprehensive medical research, investigation of medical records; translation of medical terminology and deposition reports; and interpretation of health science literature and documents.

Since Higgins graduated from Renaissance, she has continued to be a part of LIFT Mini Business Association. LIFT (Leveraging Individual Foresight and Talent) is a project of the Renaissance Entrepreneurship Center that identifies the needs of

Bayview-Hunters Point and Visitacion Valley entrepreneurs and provides training, technical assistance and ongoing support and networking through the Mini Business Association.

Higgins continues to participate in orientations for LIFT and Renaissance Graduate Peer Support Group. This association has also introduced her to the Small Business Advisory Commission, Board of Supervisors meetings, Merchants Association, Black Chamber of Commerce and San Francisco Chamber of Commerce and other community organizations that are beneficial to small business owners.

LIFT Mini Business Association has a Toastmaster's Club sponsored by Renaissance Entrepreneurship Center that will next meet Thursday, Oct. 14 from 6 to 7 p.m. at City College's Southeast Campus, 1400 Evans St., 2nd Floor. For more information or to RSVP by Oct. 12, call (415) 824-7780.

## Trains at Golden Gate Railroad Museum

Golden Gate Railroad Museum will be offering a behind the scenes look at preserving and operating trains during its first annual *Raildays* at the Hunters Point Shipyards on Saturday and Sunday, Oct. 23-24 from 11 a.m. to 5 p.m. each day. Activities include guided tours, train rides and special events for children. Admission is \$5 for adults, \$2 for children (ages 6-12) and children under six are free. Call 883-1883 for more information.

## A Colorful Neighborhood Day



*Many Valley youth had the opportunity to participate in face painting during Visitacion Valley's second annual Neighborhood Day on Aug. 7.*

## Coalition Addresses Low Procurement in Minority and Women-Owned Businesses

The Coalition for Economic Equity was organized to address the problem of low participation of minority-owned and women-owned businesses (M/WBEs) in San Francisco's procurement system.

In 1982, the S.F. Board of Supervisors passed a resolution calling on the City's Human Rights Commission to conduct hearings on allegations of discrimination against M/WBEs. An ad hoc committee, consisting of activists from the African American, Asian, Latino and women business communities was formed to encourage minority-owned and women-owned firms to testify about their experiences in seeking contracts from the City. The committee became known as the Coalition for Economic Equity (CEE) and took a leadership role in the successful campaign to pass the City's first affirmative action contracting ordinance in 1984.

Since the ordinance took effect, the Coalition has become the Bay Area's leading advocacy organization for M/WBEs. It has developed affirmative action contracting policies for a number of government agencies (including programs for the San Francisco Unified School District and the San Francisco Redevelopment Agency), and for the private developers of Mission Bay. The ordinance is subject to a sunset clause which requires periodic review to determine its continuing need. With the help of its legal counsel, the Lawyers Committee for Civil Rights of the San Francisco Bay Area, the Coalition, over the years, has successfully overcome legal challenges to the ordinance.

The Coalition also provides a forum through which its affiliated organizations can communicate with each other on a regular basis--sharing information, coordinating activities and often resolving potential conflicts before

public positions must be taken. While the Coalition still has much work to do in promoting the development of minority-owned and women-owned businesses, it is considered a model of effective cooperation among the City's diverse communities.

The Steering Committee for the Coalition (consisting of a representative from each of the affiliates) generally meets on the last Saturday of each month from 9:30 a.m. until 12 noon. For further information, call (415) 752-4506

## Custom Windows & Exterior Siding

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## Sumptuous Snacks Fit For Royalty

(NAPS) An easy way to put the fun back into family snacks is to give them the royal treatment. Transforming an ordinary snack into one that's fit for royalty can be as simple as using a few sensational and delicious ingredients, starting with Imperial Spread.

It's easy to transform the cookies added to your child's lunchbox or offered as an after-school snack, into a snack fit for a prince or princess--make them PB&J Cookie Sandwiches or Jumbo Junkyard Cookies.

### PB&J Cookie Sandwiches

3 cups all-purpose flour, 1-1/2 tsp. baking powder; 1/2 tsp. salt

1 cup (2 sticks) Imperial Spread, 1/2 cup granulated sugar, 1/2 cup firmly packed light brown sugar, 1/2 cup creamy peanut butter, 1 egg, 1-1/2 tsp. vanilla extract, 1/4 cup your favorite jelly

In medium bowl, combine flour, baking powder and salt.

In large bowl, beat Imperial Spread, sugars and peanut butter until light and fluffy, about 3 minutes. Beat in egg and vanilla. Gradually beat in flour mixture until blended. Divide dough into 4 equal pieces. Shape into logs, each 2 inches wide. Wrap in plastic wrap and freeze at least 1 hour.

Preheat oven to 425 degrees. Slice logs into 1/4-inch slices, place on ungreased baking sheets. With fork, lightly pierce tops.

Bake 5 minutes or until bottoms are lightly golden. On wire rack, cool completely. To form sandwiches, spread 1/4 teaspoon jelly on one cookie and press together with another. Yield: 48 cookies.

\*For ice cream sandwiches, substitute 2 tablespoons vanilla ice cream for jelly. Roll ice cream edges in mini semi-sweet chocolate chips. Freeze until firm.

### Jumbo Junkyard Cookies

2 cups uncooked quick or old-fashioned oats, 1-1/2 cups all-purpose flour, 1/2 cup whole wheat flour or all-purpose flour

1 tsp. baking soda; 3/4 tsp. salt; 1 cup (2 sticks) Imperial Spread, 1-3/4 cups firmly packed brown sugar, 2 large eggs, 1 tsp. vanilla extract, 1/4 cup water, 1 package (10 oz.) peanut butter chips, 1 cup semi-sweet chocolate chips (6 oz.), 1 cup chopped pecans or walnuts

Preheat oven to 375 degrees. Grease baking sheets; set aside.

In medium bowl, combine oats, flours, baking soda and salt, set aside.

In large bowl, beat Imperial Spread with sugar until light and fluffy, about 3 minutes. Beat in eggs, one at a time, beating well after each addition. Beat in vanilla. Alternately beat in flour mixture and water until blended. Stir in chips and nuts. On prepared baking sheets, drop dough by 1/3-cup measure, 3 inches apart.

Bake 15 minutes or until edges are golden brown. On wire rack, cool 2 minutes; remove from sheets and cool completely. Yield: 22 cookies.

## Senior Survival School Coming to Visitacion Valley

A program by Planning for Elders in the Central City (PECC) taking place on four consecutive Mondays

November 1, 8, 15 and 22  
from 1:30 to 4:30 p.m.

Hosted by Senior Central District 7 and Visitacion Valley Senior Center

Please Contact Senior Central District 7 Office at (415) 330-1789.

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